

## PROFESSIONAL RELEASE BASED CLASS

### 14 SEPTEMBER | DEBORAH HAY

Practicing Performance - What if it is not what we do as dancers but how we engage the billions of passing moments in the space where we are dancing, either in solo or group work? We will learn to practice the how of performing.

**Classes must be booked in advance, £5 per class.**

**21 SEPTEMBER:** This week offers a different drop-in class each day so you can experience and enjoy the diverse range of approaches to training that are on offer. Each artist has been influenced by particular approaches that inform the nature of the class.

**21:** Karin Fisher-Potisk draws on the principles of Body Mind Centering

**22:** Fiona Millward draws on the principles of the Franklin Method

**23:** Zoi Dimitrou draws on the principles of Klein Technique

**24:** Lyndsey McConville draws on Release and is dynamically influenced by Limon

**25:** Isira Makuloluwe draws on Awareness Through Movement

### 28 SEPTEMBER | GABY AGIS

This week focuses on classes 11-15 of the Introductory Skinner Releasing Technique, some experience of the classes would be helpful. SRT uses image-guided floor work and hands-on tactile studies to facilitate a deeper kinaesthetic experience of movement. Spontaneous movement evoked by imagery enables the student to explore technical principles such as multi directional alignment, suppleness, suspension, economy and autonomy.

**Attendance for this week must be for two or more sessions, classes to be booked in advance.**

### 5 OCTOBER | YAEL FLEXER

Focusing on skeletal connections and imagery to find an ease and flow of movement through the body classes begin with simple exercises building towards dynamic movement sequences. Drawing on elements of bodywork and Iyengar yoga emphasis is placed on momentum, inversion and an expansive use of space combined with core strength.

### 12 OCTOBER | ANDREA BUCKLEY

Within the landscape of our bodies we can access a starting point to move from. By developing a dynamic state of awareness and readiness in the body through improvisation, can our dancing be about movement and change? *CI*

### 19 OCTOBER | MARINA COLLARD

Teaches an energised class with influences from release technique. The movement is focused on the use of weight, fluidity and engaging in the space multi directionally.

### 26 OCTOBER | LAUREN POTTER

We will work with a strong emphasis on weight and gravity using the breath as a movement source and the floor as a partnership to aid the transference, shift and momentum of weight with an ease of connection through the limbs, whilst still maintaining a dynamic and articulate presence.

### 2 NOVEMBER | SUSANNA RECCHIA (RESEARCH WEEK)

Through hands-on activities, moving and witnessing, drawing and writing, the class is a journey to make space for imagination and creativity in movement. The main fields of exploration are: Experiential Anatomy, Authentic Movement and Movement Improvisation. **Sessions this week must be booked in advance.**

### 9 NOVEMBER | RAHEL VONMOOS

Class draws from her own movement research, and experience in Body-Mind Centering and Aikido. She investigates the different movement qualities of the body's physiological systems focusing on the volume/support of the organs and the connection of the centre to extremities and space. Rahel works with developmental patterns leading to phrases on the floor as well as standing, using a combination of set material and improvisation.

### 16 NOVEMBER | GIOVANNI FELICIONI

Our Liquid World between Ground and Sky. It is a fluid world, this embodied world around and within us, between ground and sky. A world of motion and stillness blossoming into delicious curves, twists, and spirals. Sessions use the ancient Yoga system, as passed on by Vanda Scaravelli and Mary Stewart, and the contemporary movement research of Hubert Godard. *Yoga.*

### 23 NOVEMBER | CAROLINE SCOTT

Begins class with a Feldenkrais® Awareness Through Movement lesson which will address themes such as finding greater skeletal support and clarifying stability and balance. Structured improvisations then allow this learning to feed into your dancing and the ability to sense yourself on the ‘inside’ whilst being fully present in the performance space. *Improvisation.*

## MONDAY NIGHT IMPROVISATION

### 7 SEPTEMBER | ANDREW DOWNES

An opportunity to move towards the unknown, in a safe environment with the help of simple tension releasing exercises based on Eastern Bodywork Principles and supported by large physio balls to guide us gently into the integration of spontaneous impulses as they occur towards unstructured improvised dancing.

### 14 SEPTEMBER | MARIE-GABRIELLE ROTIE

Butoh: the poetics of transformation. Improvisation processes drawn from Rotie's personal approach to Butoh are explored as a means of connecting and resonating inner and outer spaces. Demanding precision intense control and imaginative engagement, this class is open to all abilities.

### 21 SEPTEMBER | JOVAIR LONGO

Classes combine improvisation and partner work, encouraging movement to be developed from the opening of spaces and support around the joints and the whole body. Jovair works with the senses and different layers of the dancer's attention when performing movement and encourages the flow of movement with awareness of the space and group. *CI*

### 28 SEPTEMBER | AL WUNDER

Motion is my language. In this class we will look at movement as a physical language that has it's own vocabulary and grammar. Clearly enunciating what we do physically and understanding the vocabulary of movement allows us to speak without speaking, to carry on vibrant conversations with our bodies. We will do lots of moving to physical scores that emphasize the fun one can have by being physically articulate.

### 5 OCTOBER | RAINER KNUPP

The Feldenkrais Method® gives the possibility to explore through slow and repetitive movements various relationships between different areas in the body. Learning new movement patterns in small steps enables us to experience a much greater potential of how we are able to move. The awareness and the sensory experience lead us into further movement exploration and improvisation.

### 12 OCTOBER | ANDRÉYA OUAMBA (SENEGAL) & MATTHIAS SPERLING (UK)

Andréya and Matthias met in 2007 and have since worked on a number of improvisation projects under the title DIPLOMACY. They create complex systems of encounters where the smallest of gestures become significant events, and generate movement ricocheting from body to body. Like political diplomacy, their work is imbued with a sense of formality and elegance. *Part of Dance Umbrella 2009 African Crossroads*

### 19 OCTOBER | OPIYO OKACH (KENYA/FRANCE)

Opiyo Okach uses improvisation to ask fundamental questions of authorship and creativity in a multi-polar world. His approach is governed by heightened sensitivity to our relations to space and its every-changing conditions, which create new meanings and new relations. *Part of Dance Umbrella 2009 African Crossroads*

### 26 OCTOBER | JOE MORAN

These classes explore underlying qualities and energetic relationships as a way into widening movement possibilities and the expression of our inherent sense of form, space and composition. Scoring and writing may at times play a part in our explorations. Joe's classes draw influence from his studies with Anna Halprin and Stephanie Skura, and his practice of Skinner Releasing.

### 2 NOVEMBER | CAROLYN ROY

Carolyn will focus on using perception to develop spatial and environmental awareness. Observing our relationship to the external world and our own internal landscape, we will explore the way that information gathered through the senses informs movement and helps us to detect, interpret and navigate the space around us.

### 9 NOVEMBER | SIMONETTA ALESSANDRI

Awareness Through Movement is a Feldenkrais® class in which we discover new and more efficient ways to moves. We will take the quality of awareness that we achieve in Feldenkrais into dancing solo and in groups. We will work on recognizing the relationship between personal decision making and the influenced that other dancers have on us. This relationship will generate exciting and playful changes of dynamics in our ensemble dancing.

### 16 NOVEMBER | ROBERT ANDERSON

Robert's classes explore the play between internal sourcing and external awareness while dancing in solo and with others. Arriving into sensation, gravity and the breath will be the preparation for opening movement into space and composition. We'll play with listening to atmospheres, to stillness and to ripples of movement within ensemble improvisations.

### 23 NOVEMBER | ALEX CROWE

Beginning with gentle relaxation into wakeful responsiveness, Alex's classes usually circle around the integration of impulse and compositional sensibility, and explore how body, imagination and feeling state can be interdependent sources of material, including in embodied sound and language. Main influences include Skinner Releasing Technique, Action Theater, Suprpto Suryodarmo and clown work.

*CI* indicates that the class focuses on Contact Improvisation. Please note, however, that teachers without the CI initials may lead a class incorporating partner-work or contact at some point.

## TUESDAY NIGHT IMPROVISATION

Three improvisation sessions aimed at different levels of experience.

### A BEGINNER'S INTRODUCTION TO IMPROVISATION

Tues 22 Sept Kate Brown & Tues 20 Oct Thomas Kampe

These two classes are an opportunity for absolute beginners, or those with a little experience, to join a class geared specifically to explaining the fundamental tools within improvisation. Kate and Thomas will give tasks and offer explanations that will help support you within any improvisation class you participate in - from knowing 'how' to watch and ways of responding, to 'listening' with the whole body and basic partner-work principles. A perfect way in to our regular Monday Night improvisation classes, which are open to all levels of experience.

### MUSIC AND DANCE IMPROVISATION JAM

Tues 27 Oct | £2 drop-in

To follow on from last years Winlab course, which explored the practice of improvisation for both dancer and musician, this evening offers an open jam for experienced musicians and dancers to drop-in to.

## CROSSING BORDERS TALKS

TUESDAYS | 7-8.30PM

Independent Dance presents a series of conversations with artists from within and outside dance, whose particular practice has led them in interesting directions beyond geographic or artform boundaries.

**29 SEP    NIK HAFNER**

**6 OCT     LUCY CASH**

**13 OCT   WILLI DORNER\***

**20 OCT    DANCE ARTISTS IN GLOBAL PRACTICE, 5PM AT THE PLACE**

**3 NOV     RAIMUND HOGHE\***

**10 NOV   ROSEMARY LEE\***

**17 NOV   SCOTT DELAHUNTA WITH SARAH WHATLEY**

**24 NOV   RUTH LITTLE WITH SIOBHAN DAVIES**

**1 DEC     TERE O'CONNOR**

\*Artists Performing as part of Dance Umbrella 2009

## WINLAB FESTIVAL 2009

ID ARE EXCITED TO ANNOUNCE TO WELCOME THE FOLLOWING ARTISTS TO LEAD THIS YEAR'S EVENTS:

**30 NOVEMBER – 4 DECEMBER: LUCIA WALKER AND TERE O'CONNOR (US)**

**7-11 DECEMBER: LISA NELSON**

**14-18 DECEMBER: KIRSTIE SIMSON**

More details out soon!

## DELVING DEEPER

**DEBORAH HAY | CHOREOGRAPHIC TRANSMISSION**

**7-11 SEPTEMBER | 10AM-4PM**

ID is delighted to welcome Deborah Hay back to London to offer this opportunity for performers interested in a creative role in the transmission of choreography.

What if choreography includes a process through which a choreographer transmits a dance to a performer, accounting for the many, and often discontinuous threads, visible and invisible, which effects the presence and immediacy of the dancer. What if the movement may change but the choreography may not be changed?

Deborah Hay was born in Brooklyn. Her mother was her first dance teacher, and directed her training until she was a teenager. She moved to Manhattan in the 1960's, where she continued her training with Merce Cunningham and Mia Slavenska. In 1964, Hay danced with the Cunningham Dance Company and was a member of a group of experimental artists known as the Judson Dance Theater, which became one of the most radical and explosive 20th century art movements.

**Biography:**

In 1970 she left New York to live in a community in northern Vermont. Thus began a long period of reflection about how dance is transmitted and presented. In 1976 Hay left Vermont and moved to Austin, Texas. Her attention focused on a set of practices ("playing awake") that engaged the performer on several levels of consciousness at once. In the late 1990's Deborah Hay focused almost exclusively on rarified and enigmatic solo dances based on her new experimental choreographic method, performing them around the world and passing them on to noted performers in the US, Europe, and Australia. She also choreographed a duet for herself and Mikhail Baryshnikov, Single Duet, which toured with the Past/Forward project in 2000. Hay's work has now reached a new stage, where she redefines the inimitable choreographic method of her solo pieces in collaboration with highly trained dancers. In 2004 she received a NYC Bessie award for her choreography of the quartet The Match, which toured in Austin, Houston, London, Nottingham, Montpellier, and Paris in 2005.

FULL-TIME EMPLOYED	£150
FREELANCE ARTIST	£110
STUDENT & CONCESSION RATE	£90

## SUNDAY SPECIAL

**GARY CARTER | THE TENSEGRITY OF FASCIA IN THE MOVING BODY**

**SUN 11 OCTOBER | 11AM – 5PM**

In this workshop we will be exploring the Spring loaded quality of the bodies connective tissue webbing. We will explore through Anatomy, images, Props and experiential Anatomy how this mechanism can assist in movements that can become lighter and freer with grace and ease. We bring the MyoFascial meridians to life and understand their true Nature through the body.

**Biography:**

Gary has over 25 years of experience in movement physical training, anatomical study and bodywork practices, and has studied with many inspiring teachers, trainers and masters in their fields. From this background Gary has created his own unique way of working and 'seeing' which he incorporates into his teachings, trainings and practices. Since starting the Natural Bodies centre in Brighton, he has taught private one-to-one sessions, workshops, classes and seminars and has created 'Advanced Movement Education' through which he trains teachers in gyms, Yoga centres and schools, Pilates schools, massage and health centres as well as in University human science and movement departments. Gary also teaches anatomy and living anatomy on the British Wheel of Yoga IST days and various other Yoga teacher trainings as well as the leading Pilates training in the UK.

## PROFESSIONAL CLASS

WEEKDAYS, 10AM - 12NOON

### SEPTEMBER

14 DEBORAH HAY \*  
21 MIXED TEACHERS WEEK  
28 GABY AGIS \*

### OCTOBER

5 YAEL FLEXER  
12 ANDREA BUCKLEY  
19 MARINA COLLARD  
26 LAUREN POTTER

### NOVEMBER

2 SUSANNA RECCHIA (RESEARCH WEEK) \*  
9 RAHEL VONMOOS  
16 GIOVANNI FELICIONI  
23 CAROLINE SCOTT

\* CLASSES MUST BE BOOKED IN ADVANCE

## MONDAY NIGHT IMPROVISATION

MONDAYS, 6.30 - 8.30PM

### SEPTEMBER

7 ROBERT ANDERSON  
14 MARIE-GABRIELLE ROTIE  
21 JOVAIR LONGO  
28 AL WUNDER

### OCTOBER

5 RAINER KNUPP  
12 ANDRÉYA OUAMBA \* & MATTHIAS SPERLING \*  
19 OPIYO OKACH \*  
26 JOE MORAN

### NOVEMBER

2 CAROLYN ROY  
9 SIMONETTA ALESSANDRI  
16 ROBERT ANDERSON  
23 ALEX CROWE

\* ARTISTS PERFORMING AS PART OF DANCE UMBRELLA AFRICAN CROSSROADS 2009

## TUESDAY NIGHT IMPROVISATION

TUESDAYS, 6.30 - 8.30PM

BEGINNER'S INTRO TO IMPROVISATION

### SEPTEMBER

22 KATE BROWN

### OCTOBER

20 THOMAS KAMPE

FOR EXPERIENCED IMPROVISER'S

### OCTOBER

27 MUSIC AND DANCE JAM FOR DANCERS & MUSICIANS

## FOR PROFESSIONAL DANCE ARTISTS

SEPTEMBER - DECEMBER 2009

# Independent Dance



## INDEPENDENT DANCE

Designed by www.designintoto.co.uk

### TO BOOK

**T:** 020-7091-9650  
**E:** info@independentdance.co.uk  
**W:** www.independentdance.co.uk

### WEBSITE

Visit the ID website. Download brochures, articles, and the ID publication; watch film clips of classes and workshops; read and contribute to the online discussion forum; and enjoy learning more about the ethos and developing programme of ID.

### MAILING LIST

To join the ID postal or email list send your details to:

Siobhan Davies Studios  
85 St. George's Road  
London SE1 6ER

**T:** 020-7091-9650  
**E:** info@independentdance.co.uk  
**W:** www.independentdance.co.uk

Travelling to Siobhan Davies Studios is easy, with close and convenient bus routes and both tube and rail stations nearby.

### BY TUBE

Northern Line (Elephant & Castle)  
Bakerloo Line (Lambeth North and Elephant & Castle)

### BY BUS

All to St. George's Road: 12, 53, 148, 344, 360, 453, C10

### BY RAIL

Elephant & Castle, Waterloo



SIOBHAN DAVIES STUDIOS



## INDEPENDENT DANCE

Independent Dance is an artist led organisation dedicated to the ongoing professional development of dance artists, which offers a year round programme of classes, workshops, laboratories and discussions.

ID's regular classes are based at Siobhan Davies Studios where all facilities are available to ID class participants, including changing areas and showers, the lounge area and the parlour and kitchen, where dancers can relax after class and make use of the free internet service. Siobhan Davies Studios is wheelchair accessible and the ID programme is open to disabled and non-disabled professional dance artists. If you have any particular access requirements please contact us directly.

## PROFESSIONAL RELEASE BASED CLASS

OPEN TO PROFESSIONALS ONLY | WEEKDAYS, SEE CALENDAR FOR TEACHERS | 10AM - 12NOON

The daily class provides a learning environment to support the mindful curiosity and physical intelligence of the dancer. Diverse body-mind techniques influence the individual teachers' approaches to movement, such as BMC, Aikido, Yoga, Alexander, improvisation/contact improvisation, Skinner Releasing and Chi Gong (see detailed descriptions on website).

Classes aim to support the different needs of independent professionals - from weeks of pure 'release technique', to an improvisational focus, or the specific bodywork forms of Yoga or Feldenkrais. To find out more on individual teachers you can read their biographies and watch video clips of the classes on our website.

For those with special circumstances, up to four spaces each day are bookable in advance. Please call for further details.

DROP IN CLASS	£4.50
10 CLASS DANCE CARD	£35

## MONDAY/TUESDAY NIGHT IMPROVISATION

OPEN TO ALL LEVELS | MONDAY EVENINGS, SEE CALENDAR FOR TEACHERS | 6.30 - 8.30PM

Improvised dance is about exploring the movement potential of our bodies and the creative potential of our minds. As well as enjoying the movement facility already available to us, we will use exercises to broaden our physical and mental range. In these classes, we create an atmosphere where work and play co-exist, and where watching and talking support our dancing.

The classes do not specifically focus on one style or approach, but rather aim to offer participants a range of opportunities to explore the richness and diversity encapsulated within the form of improvisation.

DROP IN CLASS	£4.50
10 CLASS DANCE CARD	£35

## PROFESSIONAL RESEARCH CLASS

OPEN TO PROFESSIONALS ONLY | WEEKDAYS, SEE CALENDAR FOR CLASS TEACHERS | 10AM - 12NOON

These sessions aim to support teaching artists to investigate their practice and how they share it with others, and provide an opportunity for them to explore and experiment with a smaller group on a more informal basis than our regular open classes.

Places must be booked in advance. Class cards can be used but must have the sessions crossed off in advance. Individual classes can be taken, but priority will be given to those who can attend all 5 days.	£4.50
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## CROSSING BORDERS TALKS

OPEN TO ALL | TUESDAYS, SEE INSIDE FOR LISTINGS | 7 - 8.30PM

Independent Dance presents a series of conversations with artists from within and outside dance, whose particular practice has led them in interesting directions beyond geographic or artform boundaries.

FULL PRICE OR WHOLE SERIES CAN BE BOOKED FOR £20	£5
CONCESSIONS OR FREELANCE ARTISTS OR WHOLE SERIES CAN BE BOOKED FOR £15	£3

## SUNDAY SPECIAL

11AM - 5PM | BOOK IN ADVANCE

These Sunday sessions give a longer, more intensive session in which to experience the body-work techniques used by our teachers in their purest form. They will give dancers, practitioners of other forms, and non-dancers the chance to explore different approaches to the body, and how this can support them in movement.

CONCESSIONS (STUDENT RATE OR IN RECEIPT OF BENEFIT. PROOF REQUIRED)	£20 PER DAY
INDEPENDENT PRICE (PART-TIME SALARIED OR FREELANCE)	£30 PER DAY
FUNDED PRICE (FULL-TIME SALARIED OR FUNDED PLACES)	£50 PER DAY